

Building Resiliency

How do people deal with difficult events in their lives? Many of us are feeling more anxious and stressed, more irritable, and may have less patience with others and ourselves. Many aspects of our current daily life seem to be influenced by situations beyond our control. Concerns such as budget reductions, possible terrorism, the war, the drought and the economy create uncertainty in our world. It's difficult to return to "normal" or to even know what normal is anymore.

Even in the face of uncertainty, people generally adapt well over time. We can help ourselves in the process of adapting by becoming more resilient and more skilled at bouncing back. Being resilient does not mean that you don't experience difficulty or distress. It does involve behaviors, thoughts and actions that can be learned and developed in anyone.

Here are some tips to build more resiliency:

- Nurture caring supportive relationships in your life
- Make realistic plans and carry them out
- Manage strong feelings and reactions
- Develop skills in communications and problem solving
- Focus your energy on the things you can control
- Get support: talk to a friend, loved one, or counselor
- Exercise-about 30 minutes a day on most days (Check with your doctor)
- Eat balanced meals
- Meditate or practice another relaxation technique
- Use positive self talk because we feel the way we think
- Keep your balance. Develop yourself in all areas of your life: intellectual, spiritual, social, physical, emotional and work
- Stay flexible

Remember resilience is not a trait that people either have or don't have. The key is to identify ways that work for you as part of your own plan for increasing your personal resiliency. For more information on resiliency and stress management, contact C-SEAP at 303-866-4314 or 800-821-8154.